

ANCHOR WATCH

July - August 2015

SPOTLIGHT ON...



I pledge to
**Drink
Responsibly**
because...

“**The consequences of
not drinking
responsibly are worse
than any hangover.**”

Know your limit. Don't allow yourself to get near the point of blacking out. If you experience blurred vision or slurred speech, you've already gone too far. A good rule of thumb is to time out your drinks one per hour, and alternate with water or soda.

DRINK RESPONSIBLY.
**KEEP WHAT
YOU'VE EARNED**
www.nadap.navy.mil



CONGRATULATIONS CHIEF PETTY OFFICER SELECTEES

CPO(Select) AARON BUCHS
CPO(Select) BRYAN BURCHAM
CPO(Select) JUSTIN BUTLER
CPO(Select) JAIME DEJESUS
CPO(Select) EDUARDO FERRIOL
CPO(Select) RODNEY FRENCH III
CPO(Select) KRISTEN FRITZ
CPO(Select) JASON FULLMER
CPO(Select) SETH HARMES
CPO(Select) THOMAS IRWIN II
CPO(Select) MATTHEW KRUSE
CPO(Select) WILSON MAI
CPO(Select) KATHERINE MARTIN
CPO(Select) DARNELL MCCAIN

CPO(Select) RYAN NARDI
CPO(Select) JAVANA OLIPHANT
CPO(Select) JAMEASON PAIGE
CPO(Select) SKYE POLLARD
CPO(Select) RYAN ROBINSON
CPO(Select) TYLER RUBIN
CPO(Select) CHRISTOPHER SACZYNSKI
CPO(Select) JOSE SANCHEZ
CPO(Select) CARLOS SHELMIRE
CPO(Select) IAN SORENSEN
CPO(Select) ALICIA STAFFORD
CPO(Select) SARAH STEWART
CPO(Select) RYAN THORNHILL

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CAPT Donald Elam
Executive Officer
CDR Owen Schoolsky
Command Master Chief
CMDM(IDW/SW/AW) Michael Webb
Public Affairs Officer
LT Robert Tuohy
Public Affairs Staff
PO1(SW/AW) Jeffrey Ballge
PO2(SW/AW) David Finley Jr.
PO2(SW) James Turner
PO3(SW) Taylor DiMartino

ANCHOR WATCH
In its 41st year of production
July - August 2015
www.niocmd.navy.mil

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CONGRATULATIONS

TO THE FOLLOWING SAILORS ON THEIR SELECTIONS AS NIOC MARYLAND:

Senior Sailor of the Quarter
Sailor of the Quarter
Junior Sailor of the Quarter

PO1 NATALIE HAMMOND
PO2 GRAYSON HART
SN NICHOLE REED

Senior Sea Sailor of the Quarter
Sea Sailor of the Quarter

PO1 MATTHEW JOHNSON
PO2 JASON EASTERLING

Senior Deployer of the Quarter
Deployer of the Quarter
Junior Deployer of the Quarter

PO1 BRIAN BURROWS
PO2 JONATHON SHARE
PO3 CHRISTOPHER EMORY

NAVY INFORMATION OPERATIONS DETACHMENT ALICE SPRINGS

The Navy Information Operations Detachment (NIOD) in Alice Springs, Australia, was established in 1998 to provide military support to operations at the Joint Defense Facility Pine Gap. NIOD Alice Springs is a small command that averages 35 Sailors in the remote Australian Outback town of Alice Springs.

Alice Springs is the third largest town in the Northern Territory, with a population of around 28,000 people. It is located near the geographic center of the Australian continent, where it is a four hour drive to Uluru, and a thirteen hour drive to Darwin, the closest major city. Alice Springs straddles the usually dry Todd River on the northern side of the MacDonnell mountain ranges. It is known as Mparntwe to the Arrernte people, the tribe of Indigenous Australians who have lived in the area for over 30,000 years. The surrounding region is known

as the Red Centre or Central Australia and consists of several deserts. The climate in Alice Springs is arid and very dry with high temperatures of 110 degrees in the summer and lows of 25 degrees in the winter. There is a saying that if you have seen the Todd River flow with water three times, then you are considered a local.

The Joint Defense Facility has been open since 1969. Sailors man the watchfloor around the clock, on a 12-on, 12-off schedule. Sailors work two day shifts, two night shifts, and have four days to recover. While on watch, Sailors ensure the continued success of the Joint Defense Facility and conduct information operations to support national and allied intelligence communities. Sailors sit side by side with Soldiers and Airmen from the Army and Air Force, civilians from multiple agencies, and Australian personnel. Because of Australian laws, all

military at the Joint Defense Facility are required to wear civilian clothes.

The Detachment maintains close ties with the local community. We participate in unique Australian events, such as the annual Australian and New Zealand Army Corps (ANZAC) Day military parade, Camel Cup races, the Finke Desert race, and the Henley-on-Todd dry riverbed “boating” competition just to name a few. The command participates in local running/walking clubs and sporting leagues for rugby and basketball. Hiking and camping in the desert are also popular pastimes. Sailors pursuing a challenge, climb Mt Gillen and/or hike the Larapinta Trail. For those brave enough to try it, the Larapinta Trail is a 225km trek broken into 12 sections that usually takes about two weeks to complete.

While the remoteness of Alice Springs can seem intimidating, it is just a short three hour flight to any major coastal city. Australia’s unique location also allows Sailors to easily visit many Southeast Asia and Pacific islands that would otherwise be too costly to visit from the U.S. NIOD Alice Springs is a very unique but rewarding duty station.



A view of the Australian outback near Alice Springs.

NAVY INFORMATION OPERATIONS DETACHMENT DIGBY



Located in the rural fields of Lincolnshire's farming country, a small group of Information Warriors currently comprised of 40 Officers, Chiefs, and Petty Officers, is assigned to Navy Information Operations Detachment (NIOD) Digby.

The Detachment's lineage can be traced back to Naval Security Group Activity (NSGA) Edzell, Scotland which was decommissioned in 1996. Naval Security Group Detachment Digby was established in October of 1996 and was re-titled NIOD Digby in October 2005.

NIOD Digby is a tenant detachment of RAF Digby, the oldest operational Royal Air Force (RAF) station, opened March 28, 1918 (originally named RAF Scopwick). It has been home to a number of units, including both Number 2 and 3 Flight Training Schools.

Digby has a storied history and saw its pilots participate and turn the tide of many important military operations. In fact, famous World War II pilots, Guy Gibson of the 617 "DAMBUSTER" Squadron, and Douglas Bader, RAF Flying Ace, were once stationed here.

In 1942, the station became a Royal Canadian Air Force Station operating Mosquito aircraft. Following a brief period as a technical training unit, the largest operational unit on the station changed its organizational title to the Joint Service Signal Unit on 15 September 1998, reflecting not only the UK tri-service environment, but also highlighting its multi-national composition of service members from all three U.S. services paired alongside their RAF, Army and Royal Navy (RN) counterparts.

The Digby of today has a different mission focus than it did when operating as an operational airfield during the Second World War; however, its current role has never been more critical. The Officers, Chiefs and Petty Officers assigned to NIOD Digby form an integral role in support of Commander, Task Force 1060 and U.S. TENTH Fleet; while ensuring effective partner integration with the Joint Service Signals Organisation and the Joint Service Signals Unit, Digby.

NIOD Digby Sailors, in partnership with Royal Navy Sailors, form Commander, Task Group 1060.2 (Fleet Information Operations Center, United Kingdom

[FIOC-UK]). FIOC-UK serves as a fully integrated and combined FIOC in the Fleet Cyber Command/U.S. Tenth Fleet arsenal and is the cornerstone of the USN/RN partnership. On July 10, 2015, NIOC Menwith Hill was de-commissioned after 20 years of service and as a result administrative control of the Detachment transitioned to NIOC Maryland.

NIOD Digby Medical and Dental Services are provided through Royal Air Force College Cranwell, which dates back to 1916 when it was originally a Royal Navy Flying Training School. RAFC Cranwell now serves as the initial training academy for those seeking a Royal Air Force commission

Lincoln is the largest city near Digby where most Detachment Sailors call home. Lincoln Cathedral dates back to the 11th century and is home to one of the four original copies of the Magna Carta and was recently used as a filming location for The Da Vinci Code motion picture.

Talk with your detailer for opportunities to serve in the UK!



A view of the Lincoln Cathedral in Lincolnshire, England, located 20 minutes from RAF Digby.

NIOC MARYLAND LEADERS

GET MUDDY AT TOUGH MUDDER

Written satirically by Lt. Austin Rutkowski

On 13 June 2015, NIOC MD leadership formed two teams and braved the burdensome heat and humidity of Doswell, VA during the infamous Tough Mudder Obstacle Course. These two teams comprised of young (ish) Officers, Chiefs, and dependents valiantly accepted the bold challenge to complete the 12 mile course; littered with over 20 devious obstacles with intimidating names like the Funky Monkey, Cry Baby, Mount Everest and other simple yet challenging obstructions. Fueled by the determination and the inspiration of their teammates, these brave men and women ran, crawled, climbed, swung and trenched through treacherous difficulties without a single utterance of protest (almost).

At each obstacle the teams rallied to pull, push, carry and sometimes even “squeeze” each other to completion with a playful sign at each obstacle, quite possibly taken from a Navy GMT, reminding them “there is a difference between a supporting push and an inappropriate touch”. Although the teams started two hours apart, the goal was the same: to finish as a team and provide as much support as necessary to finish strong and together. Their resolve, although disguised as friendly banter, showed their true sportsmanship and competitiveness. The brave representatives of NIOC MD demonstrated resolve beyond reproach in the face of adversity and completed the challenge as they started - as a team.

Team One was comprised of Officers (CDR Schoolsky, CWO4 Reyes, LTs Rutkowski, Tuohy and Chung, LTJGs Hain, Bernsen and Tzorin, and ENSs Van Blair and Strutt) and Team Two (The Muddy Goats) was comprised of members of the Chiefs’ Mess, a few Officers and dependents (MCPO Tucker, SCPOs Krampitz, Sharpe and Lamirande, CPOs Perdun, Vavra and his wife Christa, CPO Friend and his wife Natasha, CWO3 Wirick, LT Boyle and his son Jacob, and Troy Colby). LTJGs Hain and Bernsen decided they could best benefit Team One by removing their shirts almost immediately in an attempt to reduce drag coefficient. The Muddy Goats however, chose to remain fully

clothed as to not frighten the younger participants or blind them with the salt that had the potential to fly from their bodies. Although all participants demonstrated ninja-like agility throughout the grueling contest, they all found themselves relying on their teammates to hoist them over a wall or up a mud embankment at one point or another.

As the day was a balmy 95 degrees, both teams were always on the ready for the rare and elusive water station sightings. Although the run was as expected, there were some interesting moments along the way. Some members of Team One chose to sprint ahead of their team, hunting for the much needed lukewarm, yet refreshing, H2O, while The Muddy Goats chose to remain together, not because they wanted to stay as a team, but because they were just too old and tired from the years of long, hard Navy life to sprint ahead.

CWO4 Reyes demonstrated superb situational awareness by furtively identifying and exploiting “short cuts” through the circuitous paths beholden to all other runners, thus, finding herself inexplicably ahead of her team on numerous occasions. SCPO Sharp decided King of the Mountain was taking far too long and elected to “graciously tumble” about 12 feet to the ground. But, like any good Navy Chief who should stumble, he stuck the landing like an Olympic gymnast.

At the end of the event, both teams were battered and bruised but still mustered the strength to pose for a picture, sporting orange Tough Mudder headbands. Finally, they all seemed to gather just enough strength, as Sailors always seem to do, to join up after the challenge and celebrate. They reminisced about how even the most difficult obstacles, which they were complaining about only a short time ago, seemed so easy and then proceeded to coordinate their teams’ registration for the next Mudder.

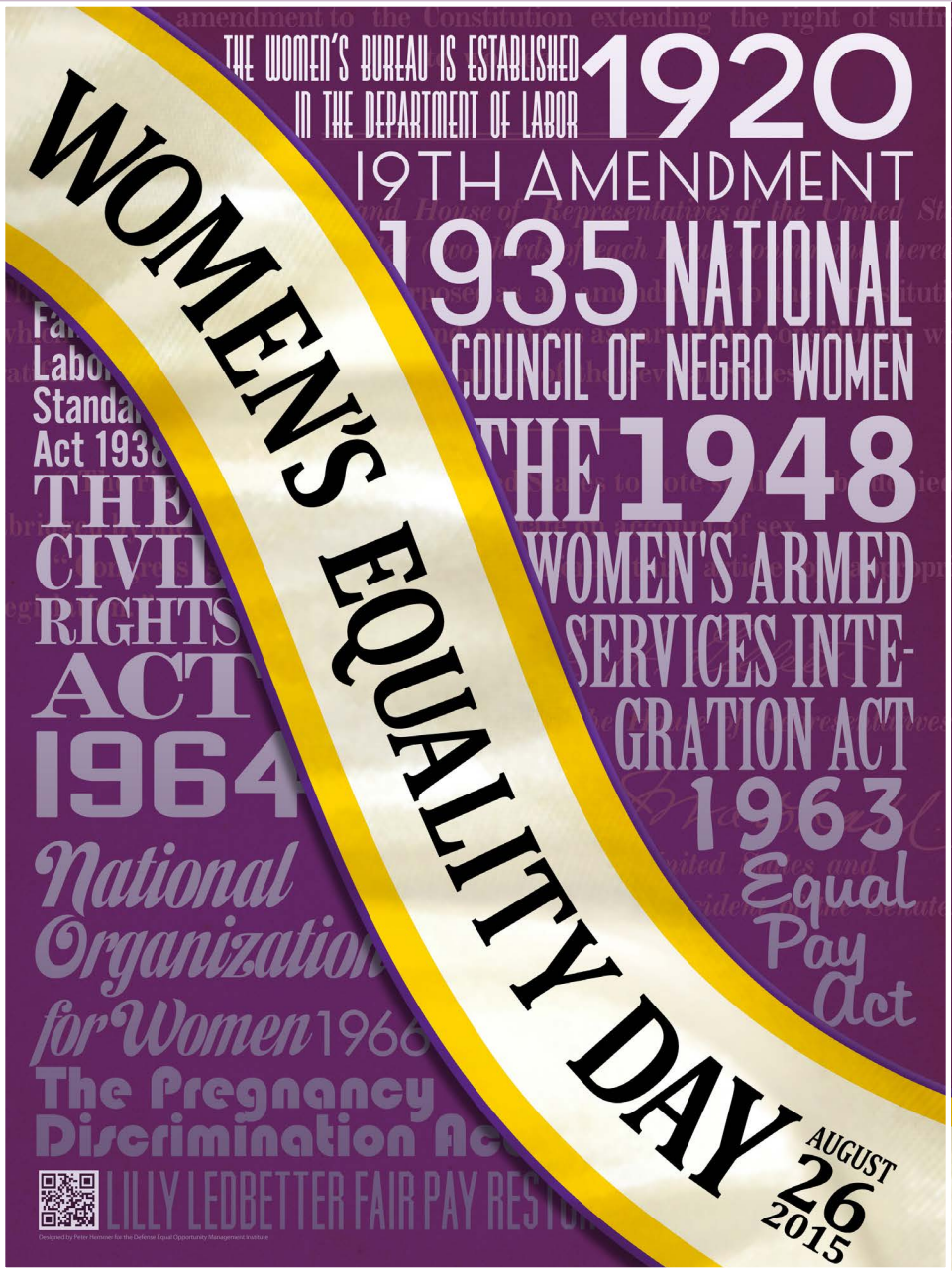
“It’s not about finishing the fastest. It’s about finishing as a team.” – Tough Mudder Motivational Speaker/Hype Man



NIOC Maryland held its Annual Command Picnic at Burba Lake Park on Fort Meade, 5 August 2015.

Command members, along with friends and family were offered lunch and participated in a variety of fun outdoor activities. The purpose of the picnic was to help promote good welfare and camaraderie as well as give the NIOC team a chance to enjoy some relaxation time before the end of summer.





Women’s Equality Day commemorates American women achieving full voting rights under the U.S. Constitution by passage of the 19th Amendment in 1920. This historic event was the culmination of a massive civil rights movement by women that had its formal beginnings in 1848.

Highlights in the History of Women Serving in the Navy

American Revolution (1775-1783):

Women serve on the battlefield as nurses, water bearers, cooks, laundresses and saboteurs.

War of 1812:

Mary Marshall and Mary Allen nurse aboard Commodore Stephen Decatur's ship United States.

Civil War (1861-1865):

Women provide casualty care and nursing to Union and Confederate troops at field hospitals and on the Union Hospital Ship Red Rover. Women soldiers on both sides disguise themselves as men in order to serve. In 1866, Dr. Mary Walker receives the Medal of Honor. She is the only woman to receive the nation's highest military honor.

Spanish-American War (1898):

Thousands of US soldiers sick with typhoid, malaria and yellow fever, overwhelm the capabilities of the Army Medical Department. Dr. Anita Newcomb McGee suggests to the Army Surgeon General that the Daughters of the American Revolution (DAR) be appointed to select professionally qualified nurses to serve under contract to the US Army. Before the war ends, 1,500 civilian contract nurses are assigned to Army hospitals in the US, Hawaii, Cuba, Puerto Rico, Guam and the Philippines, as well as to the Hospital Ship Relief. Twenty nurses die. The Army appoints Dr. McGee Acting Assistant Surgeon General, making her the first woman ever to hold the position. The Army is impressed by the performance of its contract nurses and asks Dr. McGee to write legislation creating a permanent corps of nurses.

1908:

Navy Nurse Corps is established.

World War I (1917-1918):

The Navy enlists 11,880 women as Yeomen (F) to serve stateside in shore billets and release sailors for sea duty. More than 1,476 Navy nurses serve in military hospitals stateside and overseas. More than 400 military nurses die in the line of duty during World War I. The vast majority of these women die from a highly contagious form of influenza known as the "Spanish Flu," which sweeps through crowded military camps and hospitals and ports of embarkation.

World War II (1941-1945):

More than 14,000 Navy nurses serve stateside, overseas on hospital ships and as flight nurses during the war. Five Navy nurses are captured by the Japanese on the island of Guam and held as POWs for five months before being exchanged. A second group of 11 Navy nurses are captured in

the Philippines and held for 37 months.

The Navy recruits women into its Navy Women's Reserve, called Women Accepted for Volunteer Emergency Service (WAVES), starting in 1942. Before the war is over, more than 80,000 WAVES fill shore billets in a large variety of jobs in communications, intelligence, supply, medicine and administration. In 1943, the U.S. Public Health Service establishes the Cadet Nurse Corps which trains some 125,000 women for possible military service. More than 400,000 American military women serve at home and overseas in nearly all non-combat jobs. As the country demobilizes, all but a few servicewomen are mustered out, even though the United States, now a world power, is forced to maintain the largest peacetime military in the history of the nation.

1947:

The Army-Navy Nurse Act of 1947 makes the Army Nurse Corps and Women's Medical Specialist Corps part of the Regular Army and gives permanent commissioned officer status to Army and Navy nurses.

1948:

The Women's Armed Services Integration Act of 1948 grants women permanent status in the Regular and Reserve forces of the Army, Navy and Marine Corps as well as in the newly created Air Force.

Korean War (1950-1953):

Servicewomen who had joined the Reserves following World War II are involuntarily recalled to active duty during the war. Navy nurses serve on hospital ships in the Korean theater of war as well as at Navy hospitals stateside. Eleven Navy nurses die en route to Korea when their plane crashes in the Marshall Islands.

1951:

The Defense Advisory Committee on Women in the Services (DACOWITS) is created to advise on the recruitment of military women for the Korean War.

1953:

Navy Hospital Corps women are assigned positions aboard Military Sea Transportation Service (MSTS) ships for the first time.

1972:

The Reserve Officer Training Corps (ROTC) is opened to Army and Navy women. Chief of Naval Operations, Admiral Elmo R. Zumwalt, publishes Z-116 declaring the Navy's commitment to equal rights and opportunities for women. The Hospital Ship USS Sanctuary is the first Naval vessel to sail with a male/female crew. The Navy promotes the first woman to rear

admiral, Director of the Navy Nurse Corps.

1973:

The end of draft and the establishment of the All Volunteer Force opens the door for expanding servicewomen's roles and numbers. The first Navy women earn military pilot wings. The Navy accepts its first woman chaplain. The Supreme Court rules unconstitutional inequities in benefits for the dependents of military women. Until then, military women with dependents were not authorized housing nor were their dependents eligible for the benefits and privileges afforded the dependents of male military members, such as medical, commissary and post exchange, etc.

1976:

Women are admitted to the service academies. The Navy promotes the first woman line officer to rear admiral.

1978:

Judge John Sirica rules the law banning Navy women from ships to be unconstitutional. Congress amends the law by opening non combat ships to women. The USS Vulcan, a repair ship, receives the first of many Navy women to be assigned shipboard under the amended law.

1979:

The first woman Naval aviator obtains carrier qualification.

1980:

The first women graduate from the service academies. The first woman is assigned to command a Naval Training Command.

1983:

The first Navy woman completes Test Pilot School.

1984:

For the first time in history, the Naval Academy's top graduate is a woman.

1986:

A Navy woman becomes the first female jet test pilot in any service.

1987:

The Navy assigns its first woman Force Master Chief and Independent Duty Corpsman to serve at sea.

1988:

NASA selects its first Navy woman as an astronaut.

1989:

The Navy assigns its first woman as Command Master Chief at sea.

1991:

The Navy assigns the first women to command a Naval Station and an aviation squadron. The first Navy woman assumes command of a ship. Congress repeals laws banning women from flying in combat. For the first time in history, a woman is named Brigade Commander at the Naval Academy.

1993:

Congress repeals the law banning women from duty on combat ships. Women deploy with the USS Fox. The first woman Naval aviator serves with a combat squadron. The first woman assumes command of a Naval base.

1994:

The USS Eisenhower is the first carrier to have permanent women crew members. Sixty-three women are initially assigned. The first woman assumes command of a Naval Air Station.

1996:

For the first time a woman fires Tomahawk cruise missiles from a warship in a combat zone.

1999:

The first woman and first African-American commands the National Oceanic and Atmospheric Administration Corps (NOAA). The first African-American woman is selected to command a Navy ship.

2000:

Navy women are among the victims and heroes when the USS Cole is attacked by a suicide bomber in Yemen. The first woman commands a Navy warship at sea. The vessel is assigned to the sensitive Persian Gulf.

2007:

The first woman in U.S. Naval history takes command of a fighter squadron. The last woman veteran of World War I dies, a former yeoman (F).

2014:

The Navy promotes its first woman four-star Admiral and serves as the 38th Vice Chief of Naval Operations.



SLEEP: THE RIGHT WAY TO FIND IT

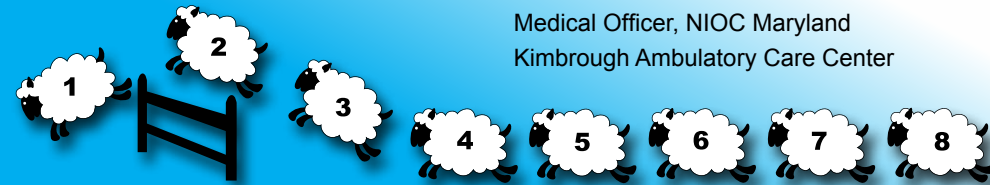
A MESSAGE FROM:

Jaime L. Longobardi

LCDR MC USN

Medical Officer, NIOC Maryland

Kimbrough Ambulatory Care Center



Have you ever lain in bed at night trying to sleep only to end up weary-eyed in the morning?

Have you ever spent the time before bed watching television or playing videogames and never felt tired?

If it's vital for our health, why can it be so hard for us to sleep at times?

As NIOC Maryland's Medical Officer, I see dozens of patients every week to discuss insomnia. Often the patient's expectations are different from the Doctor's orders, and the reason is largely due to the patient's lifestyle.

Modern societies' conveniences have trained us to be wide awake during the night. Our temperature controlled homes, noisy surroundings, and bright electric lights tell our body it is not time to sleep. Before present-day technology, humans were colder at night, were exposed to little or no light, and had few opportunities for late-night entertainment. Not only have these changes created the desire to stay awake in modern humans, but also the absolute inability to sleep for many.

If you cannot sleep, what should you do? Before a medical provider prescribes medication that can cause rebound insomnia, a few simple tricks will get you off to dreamland.

The tricks can be easily found with any Internet search for 'Sleep Hygiene'. Sleep Hygiene is a set of rules that if followed will make it easier to sleep for most non-diagnosed insomniacs.

Before you think you are that exception, your medical provider may make you prove that you are following these rules:

1. Maintain a regular awakening time, regardless of what time you fall asleep, even on non-work days.
2. Establish a regular bedtime routine. This includes a hot shower or bath (the cooling off after a hot soak recreates the cooling off of the day into night, which is an evolutionary signal for your brain to sleep) including all your hygiene steps such as washing your face, or brushing your teeth. Relaxing music is suggested, and you may want to include

reading a few pages of a book, preferably something not exciting. The main key is you do the same steps every night!

3. Make sure your room is dark, quiet, comfortable and cool. If your mattress is not comfortable, find a way to make it so with a pillow top or just adding more blankets. If your sleep partner does not go to bed at the same time, get some soft earplugs and a sleep mask.

4. Bedrooms should be solely reserved for resting. Watching television or working on your computer in your bed is a huge no-no.

5. Don't eat within 2-3 hours of bedtime.

6. No caffeine within 6 hours of bedtime.

7. Alcohol and Smoking should be avoided within 2 hours of bedtime.

8 EXERCISE just not within the 3 hours before bedtime.

9. Avoid naps! No matter how tired you feel, a nap will only prevent sleep during the night.

10. Go to bed only when sleepy. If it's bedtime and you are not sleepy, don't lay in bed. Get up and do something boring instead. (Playing videogames is not boring!)

11. Designate a time to make a "to do" list. Don't do it close to bedtime or if you do, plan on those items running around in your brain all night long!

12. After 15 minutes of not sleeping, get up and find something boring to do. Do not lay in bed awake.

Of course these rules are not going to help everyone. Shift workers, people with sleep apnea, and our deployed brothers and sisters have special situations. These rules must be modified for those situations but can still be utilized.

Overall, these simple rules may make the difference between being sleepy all day long and having a long, restful night sleep.



NIOC Maryland Sailor Saves a Life

On July 14, First Class Petty Officer Karissa Dungy provided life-saving care as a first responder in a medical emergency.

Petty Officer Dungy had just finished her workout at Planet Fitness when another patron suddenly collapsed on a nearby treadmill. The patron, a middle aged male, suffered a severe laceration on his head upon falling and subsequently began to seize.

Petty Officer Dungy and several other patrons ran to assist the victim. Immediately after moving the victim to a safe location, Petty Officer Dungy began to rapidly assess the situation. It wasn't long before she recognized the severity of his condition.

"We turned him over, face up, and noticed he was no longer breathing. I checked for a pulse and found none. I then directed a gym patron to start chest compressions, and another patron to begin rescue breathing."

After taking charge of the situation and directing another patron to alert emergency services, Petty Officer Dungy ran to retrieve one of the establishment's Automated External Defibrillator (AED), a device she was trained on through the Navy CPR Course.

"I immediately returned to the patient, pulled his shirt up, and attached the leads to his chest area as trained. Upon power up, the AED announced 'low batteries,' but still assessed the patient and advised the delivery of a shock. I then cleared the patient and delivered a shock, then resumed chest compressions and rescue breathing until the EMS arrived and assumed the resuscitation efforts."

Thanks to Petty Officer Dungy's quickness of action and sound leadership, the victim's pulse had returned upon the arrival of Emergency Services. The victim is expected to make a full recovery and celebrated his 55th Birthday, which happened to be just five days later.

Petty Officer Dungy's first responder actions are admirable, but it's what she did afterward that truly exemplifies Navy Core Values. Petty Officer Dungy took it upon herself to collect the victim's belongings, locate his vehicle and notify his family and place of work. She used social media to identify the victim's address and contacted his nearest relatives, all of whom remain eternally grateful for her actions. Petty Officer Dungy was awarded the Navy and Marine Corps Achievement Medal for her actions and reminds us that even after the workday ends, we continue to serve our country.



IN CELEBRATION OF 4TH OF JULY:

PLEDGE OF ALLEGIANCE

"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation, under God, indivisible, with liberty and justice for all."

The Pledge of Allegiance was written in August 1892 by the socialist minister Francis Bellamy (1855-1931). It was originally published in *The Youth's Companion* on September 8, 1892. Bellamy had hoped that the pledge would be used by citizens in any country.

In its original form it read:

"I pledge allegiance to my Flag and the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

In 1923, the words, "the Flag of the United States of America" were added. At this time it read:

"I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

In 1954, in response to the Communist threat of the times, President Eisenhower encouraged Congress to add the words "under God," creating the 31-word pledge we say today. Bellamy's daughter objected to this alteration. Today it reads:

"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

Section 4 of the Flag Code states:

The Pledge of Allegiance to the Flag: "I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.",

should be rendered by standing at attention facing the flag with the right hand over the heart. When not in uniform men should remove any non-religious headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Persons in uniform should remain silent, face the flag, and render the military salute."

The original Bellamy salute, first described in 1892 by Francis Bellamy, who authored the original Pledge, began with a military salute, and after reciting the words "to the flag," the arm was extended toward the flag.

At a signal from the Principal the pupils, in ordered ranks, hands to the side, face the Flag. Another signal is given; every pupil gives the flag the military salute — right hand lifted, palm downward, to a line with the forehead and close to it. Standing thus, all repeat together, slowly, "I pledge allegiance to my Flag and the Republic for which it stands; one Nation indivisible, with Liberty and Justice for all." At the words, "to my Flag," the right hand is extended gracefully, palm upward, toward the Flag, and remains in this gesture till the end of the affirmation; whereupon all hands immediately drop to the side.

The Youth's Companion, 1892

Shortly thereafter, the pledge was begun with the right hand over the heart, and after reciting "to the Flag," the arm was extended toward the Flag, palm-down.

In World War II, the salute too much resembled the Nazi salute, so it was changed to keep the right hand over the heart throughout.